

# JUST THE FACTS, MOM

*Michigan Department  
of Community Health*



John Engler, Governor  
James K. Haveman, Jr., Director

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## Quit Kit Book 1



# Your Baby Is The Best Reason In The World To Quit Now!



If ever you had a motivation to quit smoking, this is it. Chances are you received this Expectant Mother's Quit Kit because you are either pregnant now, or planning on becoming pregnant soon. Quitting smoking is a great gift you can give to your child. The purpose of the Expectant Mother's Quit Kit is to help you prepare to quit successfully. More than 15 million Americans have managed to quit smoking in the past 10 years, and you can too! As you prepare to make this major change in your life, the Expectant Mother's Quit Kit will give you straight, useful advice to help you quit smoking for good. It offers you concrete tips on how to prepare yourself for quitting, what to expect, how to stay on track once you have quit, and how to adjust to life as a non-smoker.

While you're probably eager to get started, we suggest that you look through the whole kit now - before you start quitting - to be sure you're prepared and ready for success. Research shows that people who rush ahead are less likely to succeed. You have to get your motivation up to 100% and make a plan ahead of time.

Your quit kit is divided into three main sections.

- Booklet 1: "Just The Facts, Mom" – This booklet offers facts about smoking to help motivate and reinforce your decision to quit.
- Booklet 2: "Planning To Quit" – This booklet will help you come up with a plan and prepare you to stop smoking.
- Booklet 3: "After You've Quit: Staying On Track" – This booklet is devoted to helping you stay smoke-free and making it easier for you to adjust to your life as a non-smoker.

Knowing all the facts will help reinforce your decision to quit smoking so we've filled the following section with facts about the effects of smoking on your health and that of your unborn baby and those around you. You're probably familiar with a lot of the facts that are presented here, but you may find something new that will help motivate you to quit - for good. Don't forget your most important reason for quitting - your baby!



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# Michigan Smoking Facts

**Tobacco** use is the **No. 1 preventable cause of death** and disease in Michigan.

**Among women**, lung cancer has surpassed breast cancer as the leading cause of cancer deaths.

**Smoking** also **kills** up to 1,900 **non-smokers** each year in Michigan as a result of their exposure to environmental tobacco smoke, or second-hand smoke. The people killed by second-hand smoke are often husbands, wives, children, and other family members.

The prevalence of smoking remains **disproportionately high among minority groups** and low-income populations, and the decline in smoking has been substantially slower in women than in men.

About **half** of all adult smokers in Michigan **want to quit**.

Tobacco-related illness **costs Michigan** \$2.6 billion every year in health care costs.

Some studies suggest that **smoking during pregnancy causes birth defects** such as cleft lip or palate.

**Smoking is a significant risk factor** for cancer (especially lung cancer), chronic obstructive pulmonary disease (including emphysema), and adverse pregnancy outcomes.

Smoking mothers produce **less milk** and their babies have **lower birth weights**.

**Smoking kills** nearly 14,000 Michigan smokers each year and accounts for about one in six Michigan deaths.

**Smoking during pregnancy** increases the risk of infant mortality and other adverse outcomes associated with low birth weight. Approximately 25,000 pregnant women in Michigan smoke.

Smoking during pregnancy accounts for an **estimated 10% of all infant deaths** in the U.S.

A recent study found that infants are **three times more likely to die of Sudden Infant Death Syndrome (SIDS)** if their mothers smoke during and after pregnancy. Infants are twice as likely to die from SIDS if their mothers stop smoking during pregnancy and then resume smoking following birth.

**About 1.7 million adults in Michigan are smokers** — roughly a quarter of the state's adult population. That may seem like a lot, but it's down from almost 30% since 1990! Another **100,000 Michigan smokers are only 12 to 18 years old** — not even adults yet, in many ways.

# Second-Hand Smoke And Children

Each year, exposure to second-hand smoke causes 150,000 to 300,000 lower respiratory tract infections (such as pneumonia and bronchitis) in U.S. infants and children younger than 18 months of age. These infections result in 7,500 to 15,000 hospitalizations every year.

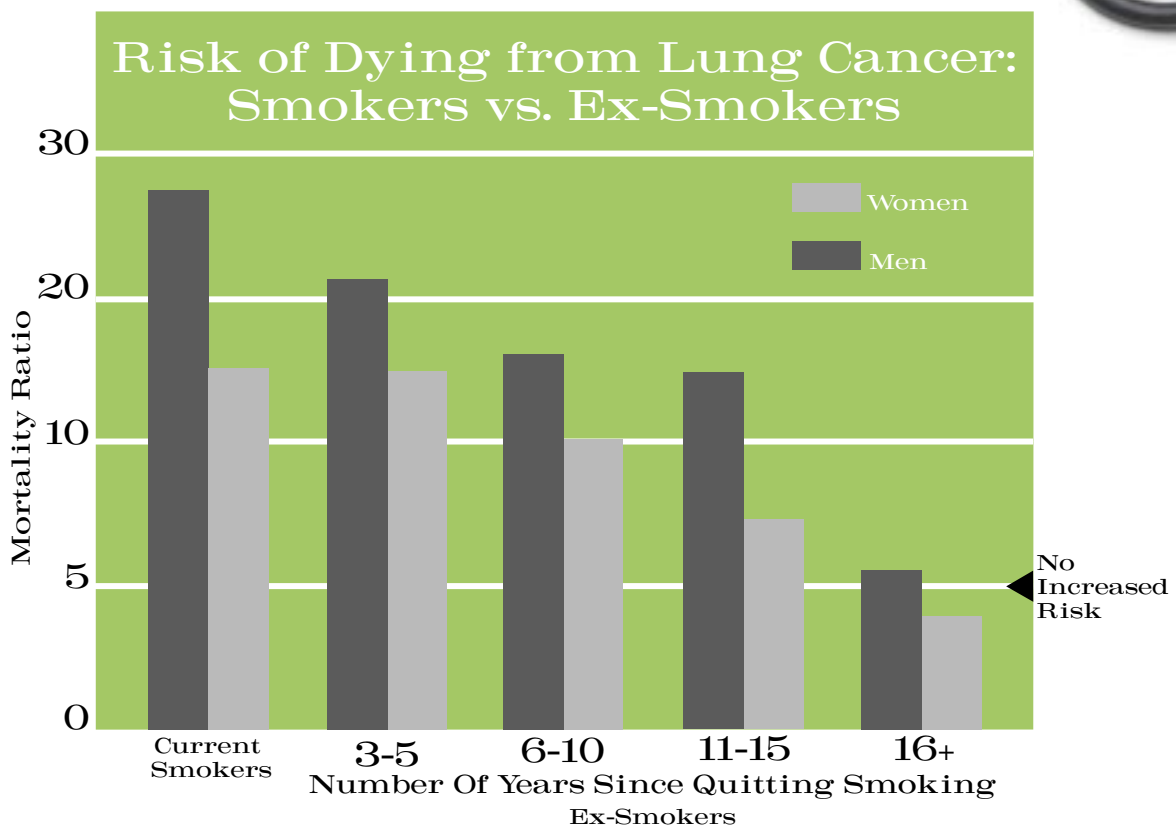
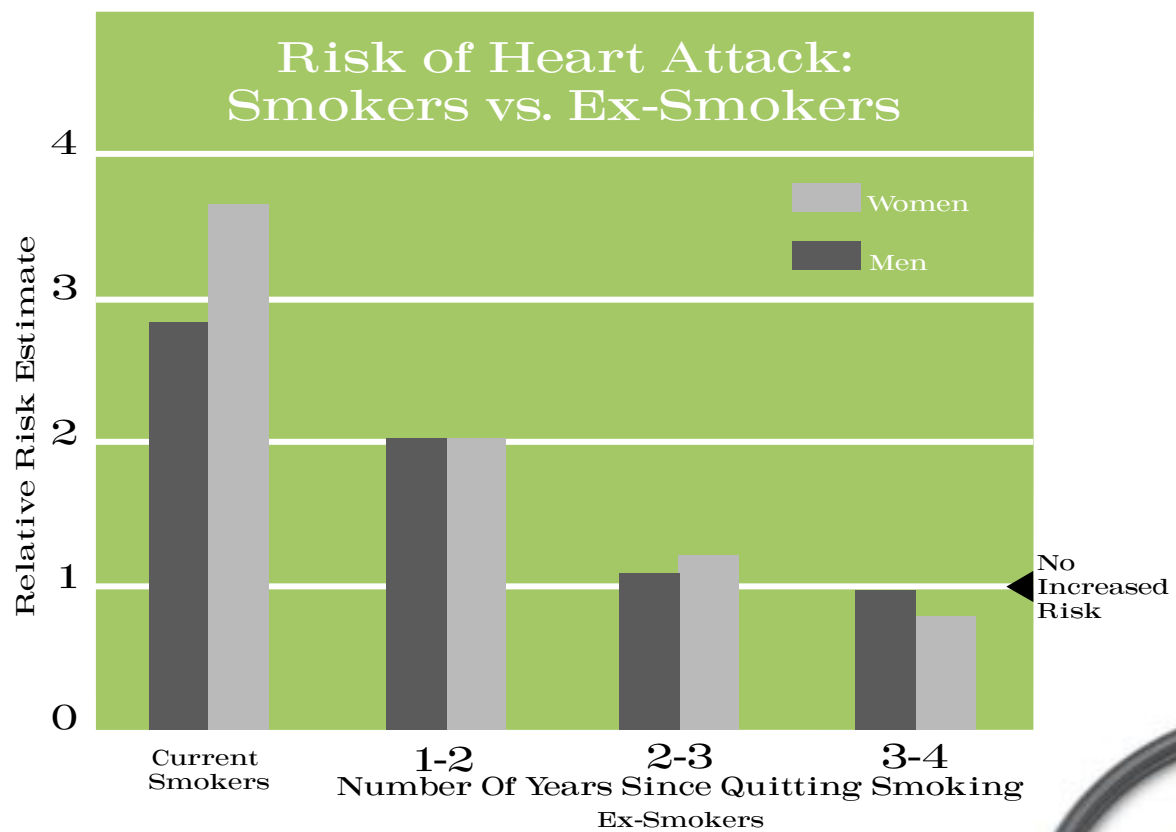
Chronic cough, wheezing, and phlegm are more frequent in children whose parents smoke. Children exposed to second-hand smoke at home are more likely to have middle-ear disease and reduced lung function.

Second-hand smoke increases the number of asthma attacks and the severity of asthma in children who already have the disease. Even worse, second-hand smoke can cause healthy children to develop asthma.

Quit  
for the  
child  
in your  
life.  
I did.



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# Ever Wonder What Exactly Is In Cigarette Smoke?

You might be surprised – cigarette smoke contains over 4,000 toxic substances, many of which are poisonous and are known to cause cancer in humans. During pregnancy, the poisons in cigarettes are concentrated in the mother's lungs and bloodstream – and whatever gets into your blood is transferred to the baby. Tobacco companies don't have to list the ingredients in their cigarettes, but if they did, it might look like this:

Arsenic	Ethanol	Naphthalene
Acetic Acid	Formaldehyde	Nickel
Acetone	Hydrazine	Nicotine
Ammonia	Hexamine	Phenol
Benzene	Hydrogen Cyanide	Polonium
Butane	Lead	Stearic Acid
Cadmium	Methane	Styrene
Carbon Monoxide	Methanol	Tar
		Toluene

*Look these ingredients up in the dictionary if you really want to be scared!*

**SURGEON GENERAL'S WARNING: CIGARETTE SMOKE CONTAINS CARBON MONOXIDE.**

**SURGEON GENERAL'S WARNING: SMOKING CAUSES LUNG CANCER, HEART DISEASE, EMPHYSEMA, AND MAY COMPLICATE PREGNANCY.**

**SURGEON GENERAL'S WARNING: SMOKING BY PREGNANT WOMEN MAY RESULT IN FETAL INJURY, PREMATURE BIRTH, AND LOW BIRTH WEIGHT.**

**SURGEON GENERAL'S WARNING: QUITTING SMOKING NOW GREATLY REDUCES SERIOUS RISKS TO YOUR HEALTH.**



# Here Are The Big Three Ingredients In Cigarette Smoke:

- **Nicotine:** This is a powerful poison. When you inhale nicotine in cigarette smoke, it narrows your blood vessels and puts a strain on your whole system. Nicotine is also highly addictive.
- **Tar:** This is what is left after you burn a cigarette. It gets through even the best filters and coats your lungs with soot, which contains the most harmful chemicals found in cigarettes. Tar is the major cause of lung cancer and other smoking-related cancers.
- **Carbon Monoxide:** This is the same gas that comes out of your car's exhaust pipe. When your blood is loaded with carbon monoxide, it cannot carry enough oxygen to the organs that need it. It is a leading cause of heart attacks and strokes.



## Starting a Family

Beth, a medical technologist, and her husband Rich had been married for a few years when they decided to start a family. They were very excited. It didn't matter to them whether they had a boy or a girl; they just wanted a healthy baby. That's when Beth decided that she needed to quit smoking. "I felt I needed to do the best thing for my baby before she was born." Working in the medical profession, she had seen the effects that smoking had on people, but was in denial about the effect it could have on her. But now she knew it wasn't going to be just about her. "I realized that I needed to quit for my baby and myself."

Beth's doctor helped her decide where to start.

She used the three level nicotine patch system for ten weeks. The patch slowly weaned her body physically from the nicotine, so she could concentrate on the hardest part about quitting. "For me, the hardest part was changing the habit." She knew soon enough she would have plenty to keep her busy.

"I realized that I needed to quit for my baby and myself."

This was a monumental change in Beth's life for the better. "I used to center everything in my life around when I could smoke... now I am free and proud to have a beautiful, healthy daughter who also has a healthy mom!"

# It's Never Too Late To Quit!

If you are like most smokers, you know all of the reasons for quitting. You've heard them over and over; you probably even agree that they all make sense. However, for every reason to quit you have most likely justified a reason for not quitting — reasons like these:

## **"I don't need to quit — I'll just switch to light cigarettes, or smoke less."**

This may seem like a good idea. Unfortunately, many people change the way they smoke when they move to a lighter cigarette. For instance, they may take bigger or more frequent puffs to get the amount of nicotine they need. These changes often affect the amount of tar they get from a cigarette and cancel out the benefit of smoking the lighter cigarette.

## **"I feel sick when I don't smoke."**

You aren't sick. You feel sick because you are experiencing withdrawal symptoms. Physical withdrawal symptoms pass within a week or two (more about withdrawal symptoms will follow). They can be very uncomfortable, but the worst of them usually pass within a couple of days and they certainly won't kill you.

## **"If I quit now it will probably be too late."**

It's never too late! Quitting before you become pregnant is always best, but a woman who quits in the first three or four months of pregnancy can lower the chances of her baby being born premature or with health problems related to smoking. Your body has a great capacity to fix itself. Within a year, your risk of smoking-related heart disease will be cut in half. There is increasing evidence that no matter how long you've smoked, quitting reduces your risk of developing coronary heart disease, getting lung cancer, or having a stroke.

## **"Quitting is just too hard."**

Quitting is hard. However, 40 million Americans have done it, including 13 million heavy smokers! You can too!

## **"I have tried to quit, and could not."**

Some people quit on their first try, but most do not. Most ex-smokers had to try more than once to quit.



## **Have You Tried To Quit Before?**

If you are one of the many who have tried to quit before and did not make it, you may be discouraged about trying again. Don't worry — you're not alone! Most people who have quit for good had to try more than once. This kit can help you prepare yourself so that you have the best chances for success.

And don't forget, quitting takes practice! Those other attempts at quitting taught you things about what does and doesn't work for you. That information can help you quit for good this time!



# Changing Lifestyle

It was the cigarette after dinner that almost did her in. Andrea, of Detroit, had been smoking since she was 16, and she smoked cigarettes for about 16 years. Then, she said, she “just got tired of it.”

“Part of it was that smoking was not as acceptable as it used to be,” Andrea said. “At work, we had to go to designated areas to smoke, and there was a stigma attached to it. Also, none of my friends smoked, and well, it was smelly, too.”

Andrea smoked a pack a day. She had quit several times before, going cold turkey, but it never lasted for more than about three days.

Then she tried the patch. She went through the prescribed routine — three levels of nicotine — and said she struggled all the way up to the last level. “I cheated,” she said. “Even when I was using the patch, I couldn’t get past smoking after dinner. I would take the patch off and have my after-dinner cigarette.”

“This went on for a month or so,” she said. “It was the habit part of it that was so ingrained in me, not the actual craving — I just had to have that cigarette after dinner. Once I broke that habit, I never had to

have another one.” Still, she admits the danger of relapse is always lurking out there.

“I don’t miss smoking at all, but I know that if I ever put a cigarette in my hand, I would go back to it. So I just don’t do that.”

“I am prouder of this than of any other thing I have ever done,” Andrea said. “Before, I could never imagine myself without a cigarette in my hand. Now, I can’t imagine myself with one.”

“It was the habit part of it that was so ingrained in me, not the actual craving”

# Reasons For Smoking:

## Why Do You Smoke?

Check off the statements that you agree with:

- ☐ I smoke out of habit, or to have something to do with my hands.
- ☐ I smoke when I am sad, depressed, angry, bored, or frustrated.
- ☐ I smoke when I am happy, or feel like celebrating.
- ☐ I like the taste.
- ☐ Smoking calms me down.
- ☐ Smoking wakes me up, helps me concentrate.
- ☐ Smoking helps me control my weight.
- ☐ Smoking helps me organize my day.
- ☐ Smoking is an important part of my life.

## I Smoke Because:

## A Decision You Can Live With

Now you know the facts about smoking, and you know the reasons why many other people have quit. But quitting isn’t about other people — it’s about you, and quitting is a very personal decision.

These checklists can help you understand your relationship with smoking.

Save Your  
Life –  
And \$2,920  
A Year

\$2,920 can buy a crib and bedding, changing table and dresser, a stroller, a bouncy seat, a swing, an infant carseat, a toddler car seat plus 2½ years of diapers, wipes, and ointments.

\$2,920 can buy clothes for your child for the first 6 years of their life.

\$2,920 can buy a college fund which invested at a 6% interest rate for 18 years will yield over \$8,000.



Reasons For  
Quitting For  
Your Health:

**Of course you are troubled by the effect smoking has on your baby.**

Check off any of these other health concerns that apply to you:

- ☐ I am worried about the increased risk of cancer.
- ☐ I am worried about the increased risk of lung problems like emphysema.
- ☐ I am worried about the increased risk of heart attacks and strokes.
- ☐ I feel that smoking is interfering with my level of fitness.

**Other Health Reasons:**

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Other Reasons  
You May Have For  
Wishing You Did  
Not Smoke:

- ☐ Cigarettes are expensive.
- ☐ Most people I know do not smoke: I feel out of place when I light up.
- ☐ Family members are worried about my smoking.
- ☐ I want to be a good role model for my children.
- ☐ I do not like the feeling that cigarettes are controlling my life.
- ☐ I do not want those that I love to breathe my smoke or copy my habit.

**Other Reasons:**

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Book 2 will help you make a plan to give up cigarettes for good.